# KARNATAKA STATE AKKAMAHADEVI WOMEN'S UNIVERSITY, VIJAPURA

## DEPARTMENT OF SOCIAL WORK

## SYNOPSIS

### Title of Research

# KNOWLEDGE, ATTITUDE AND PRACTICE OF HEALTH AND NUTRITION OF MOTHERS AND CHILDREN: A STUDY OF SOCIAL WORK PERSPECTIVE


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**Knowledge, Attitude and Practice of Health and Nutrition of Mothers and Children:**

**A Study of Social Work Perspective**

## Introduction:

Nutrition is a fundamental pillar of human life, health and development across the entire life span and malnutrition is a condition, where the required nutrients in the human body are either present proportionally less or in excess. When in excess, it is also called as, 'Over-nutrition', and when in deficit is called as, 'Under-nutrition' or 'Malnutrition'. Malnutrition, where in the protein and energy is consumed less than the required amount. With regards to child malnutrition is a state where in a child suffers from various kinds of deficiencies like protein, vitamin, iodine, calorie etc. In a developing country like India and other counties scale-one third of all children causes untold human suffering. Malnutrition is association with more than half of all children death worldwide. It is directly effects children physical and intellectual productivities is also become major obstacles to growth and development of child. In India, over half that is around 54 percent of all childhood deaths are attributed to malnutrition as one of its main cause. Globally, it is understood that around 30 percent of children die due to stunting, severe wasting, and intrauterine growth restriction in the country (Black, 2008). In the year 2005-06, about 44 percent of children under 5 were underweight and 48 percent were stunted (NFHS 3). The Global Hunger Index (2011) reported that 43.5 percent of children under 5 are malnourished, in the period 2004-2009. The UNICEF report 2005 says that in India 30 percent of infants are born with low birth weight. A lot of children have problems of malnutrition and deficiencies micronutrient. If the mother does not have the knowledge and is not develop the attitude and not practicing as required the child will suffer from health problems and growth and development delay.

## Overview of Review of Literature:

Malnutrition as a Health Concern (linkage with infections) Malnutrition, both protein-energy deficiency and micronutrients deficiencies continues to be a major health burden. The synergism

between malnutrition and mortality among the children is not new and has been proven time and again. In developing country particularly, one can see, malnutrition as a major factor for illnesses and deaths among children and women (Muller, 2005). Malnutrition among children increases their susceptibility to various infections and enhances their morbidity and mortality rates. Epidemiological data from the field surveys from Asia and America have established a strong link between nutritional deficiencies and infectious illness; the most common being the diarrhoeal disease (Chandra, 1979).

In case of protein-energy-malnutrition, there is a good correlation between the nutritional deficiencies and infections and mortality (Chandra, 1979). Infections depend largely on the nutritional status of the children (Carmichael, 1983). Malnutrition among children leads to stunted growth, worsen the immune system, and even lead to death (Brown, 1996).

A study by Pelletier et al, 1995, in which they analysed the national data of 53 developing countries, estimated that 56 percent of child deaths were attributable to malnutrition's potentiating effects and 83 percent of these were attributable to mild-to-moderate type of malnutrition as opposed to severe malnutrition. This indicates that even the mild-to moderate malnutrition leads to deaths in children, if not screened and treated.

Rice and colleagues (2000), reviewed various community based and facility based studies conducted on malnourished children to estimate their risks of mortality due to various infectious diseases, to come out with a disease specific risk of mortality among malnourished children below 5 years of age. A hospital based study conducted in Africa, commented on the link between malnutrition and deaths from malaria. Similarly, there is an established relation which states that malnutrition is strongly associated with an increased risk of mortality from acute lower respiratory infections. Another close association is with the diarrhoea, the community based studies conducted in India, Sudan, Philippines, suggested a strong association between malnutrition and increased risk of death due to diarrhoea (Rice, 2000).

Once ill with the diseases, the immune system deteriorates further in absence of required nutrients and the child slips down in severe and acute malnutrition. Malnutrition in the early age of 0-6, affect the intellectual ability of children (Brown, 1996).

In a study by Pollitt, 19 1995, he strongly supported the claim that malnutrition affects the growth of intellectual development of child by slowing down many different aspects of child development. In the Narangwal Nutrition study, conducted by the department of International Health, Johns Hopkins University, between the years 1968-73, reported high prevalence of malnutrition among the Indian children, in the state of Punjab. The study revealed that malnutrition co- exists along with infectious diseases and hence increase the morbidity among the children (Kielmann, 1978). Given the havoc it creates for the health system, it is now widely recognised as a major public health concern world over. The malnutrition-infection synergism appears to be a physiological vicious cycle, which is difficult to break. The PAHO (Pan American Health Organisation) had given a priority for malnutrition based on an investigation which highlighted the relations of malnutrition with mortality (Pelletier, 1995). The WHO (World Health Organistion) 1995, highlighted the implications of malnutrition for the country's health system, by declaring that:

- Nearly 12 million children under the age of 5 die each year in developing countries as 55 percent death are either directly or indirectly attributed to malnutrition
- Persistent diarrhoea leading to dehydration which is further aggravated by malnutrition is the cause of 2.2 million children death worldwide.
- Malnourished children have lifetime disabilities and weakened immune systems as well as lack the capacity for learning that their well-nourished peers have
- Malnutrition in an expectant mother, especially iodine deficiency can produce varying degrees of mental retardation in her infant.

Given the strong association of malnutrition with the child morbidity and mortality, it has emerged as a major health concern for the countries, where it is at the alarming level. In case of SAM (Severe Acute Malnutrition) children, which is responsible for almost one million deaths of children every year, can be prevented by proper medical interventions. In this scenario, it becomes imperative for the health services system of a country to play a significant role and also provide required leadership to the efforts necessitated to combat malnutrition in forms of policies, guidelines and programs.

**Aim of the study:**

The aim is to study knowledge, attitude and practice among mothers under 5 years old children of selected areas of the study.

**Specific objectives of the study:**

1. To study the profile of children and their mothers benefited by Anganawadi Centre.
2. To assess nutritional knowledge and attitude among mothers.
3. To explore child caring practices with reference to health and nutrition among mothers.
4. To assess the nutritional status of children attending Anganawadi Centre.
5. To compare family dynamics with the practice of health and nutrition among mothers.
6. To suggest possible interventions for healthy practices with reference to health and nutrition among mother and child.

**Hypothesis**

1. There is a significant relationship between income of the family and Mother's knowledge
2. There is a significant relationship between Mothers education and practices on their health.

**Operational definitions:**

**Health :** In this study health means physical well-being of mothers and children.

**Nutrition:** In study nutrition means the process of providing or obtaining the food necessary for child and mother general health.

**Research Design:**

Appropriate Research Design will be selected

**Scope of the study:**

Universe in the study is Vijayapur Taluka of Karnataka State.

**Sampling of the of the study:**

Appropriate Research Sampling will be selected.

**Source and Tools of Data Collection:**

In the present study both primary and secondary sources will be utilized to collect the data related to the study. The primary source consists of face to face interview with interview schedule for the selected respondents.

The secondary data will be collected from published and unpublished sources like government reports, articles, pamphlets, books and journals. The information related to outside region will be studied from internet and websites.

**Organization of the thesis:**

The study will be organized under following chapters:

**Chapter I:** Introduction – The first chapter includes concept of Health and Nutrition of Children and Mothers.

**Chapter II:** Review of Literature- Related literature for the study.

**Chapter III:** Research Methodology - The chapter discusses the research methodology has been used in the present study. This chapter includes the methodology adopted for the study, the sampling size and tool for conducting the study.

**Chapter IV:** Analysis and Interpretation- this chapter makes an effort to analyze the field data and tries to interpret the current developmental affairs.

**Chapter V:** This chapter deals with the finding, suggestions and conclusion of the study.